



Trigger point relief

Here are some of the most common trigger point (tp) problem spots and their pain referral patterns. The red area of the diagram in the left column represents the pattern of pain. The X represents where to look for the trigger point. The center column provides the activation technique and the right column provides the stretch.

Activation tools can include: hand massage, balls and rollers, rolling sticks, massage sticks

Activation techniques can include:

- single point pressure – sinking into the trigger point with tool
- rolling massage – rolling and smashing around on the trigger point
- tacking and mobilization –pinning the trigger point area with tool and moving joint and muscle around while on it
- active release –pinning down tight area and incrementally moving through the length of a muscle --actively stretching as you go

The trigger point will be felt as a very sensitive spot. Only work a particular spot for a few minutes. Leave a few hours between sessions. A little goes a long way, and you do not want to bruise yourself with too much massage.

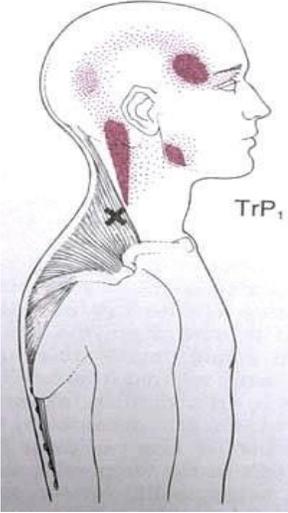
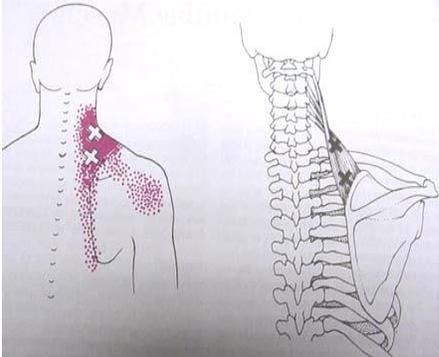
Once you have activated the trigger point or problem area.....

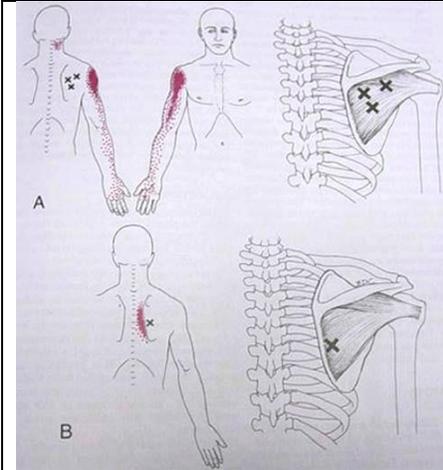
Stretching techniques can include:

- static –holding the stretch position for 30-60 seconds
- repeated effort –reaching into a stretch position for 10 seconds, relaxing, reaching a little further into the same stretch for another 10 seconds, relaxing...repeat 3 – 4 times
- contract and relax –stretching a muscle for 10 seconds, resist against the stretch for 2-4 seconds, relax and stretch further for 10, resist for 2-4 seconds, repeat.

Additional stretching can be done throughout the day. See a chart of common trigger points below and the activation techniques and stretches to help.

<http://www.trainingdimensions.net/TP/TP.html>

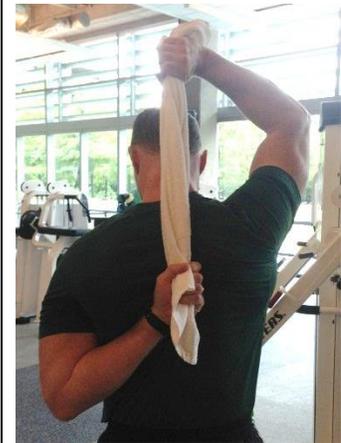
Trigger Point Location	How to activate	How to Stretch
 <p data-bbox="378 1073 496 1104">Trapezius</p>	 <p data-bbox="711 1073 1029 1142">Pinch trapezius tp or press down with 2 fingers</p>	 <p data-bbox="1109 1073 1398 1173">Lower the shoulder and pull head directly to the side.</p>
 <p data-bbox="337 1575 537 1606">Levator scapulae</p>	 <p data-bbox="711 1587 1003 1619">Roll tp with lacrosse ball</p>	 <p data-bbox="1109 1587 1401 1696">Lower shoulder and pull head at 45 degree angle from affected side.</p>



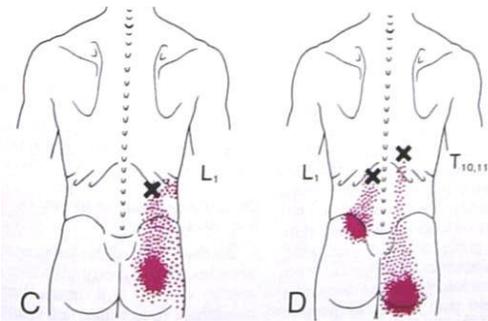
Rotator cuff muscles



Roll tp with lacrosse ball



Towel stretch—affected side hand is lower.



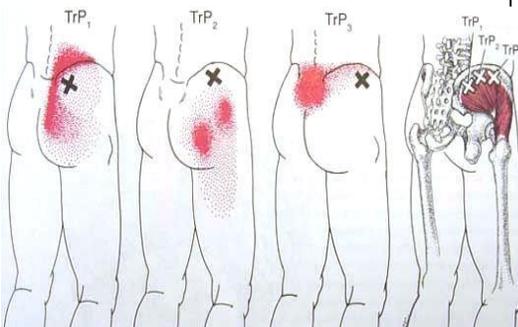
Mid to lower back



Roll up and down spine



Flex and extend 4-5 times beginning at the shoulder blades and moving down the spine 2 vertebrae at a time.



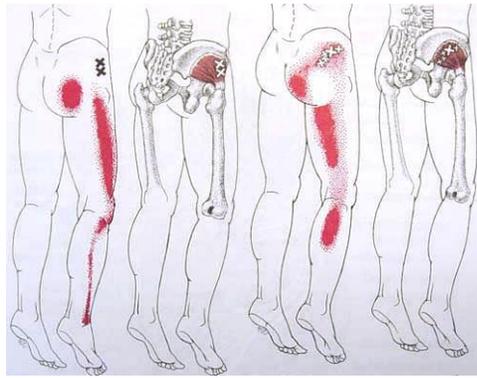
External rotators and abductors of hip



Roll tp



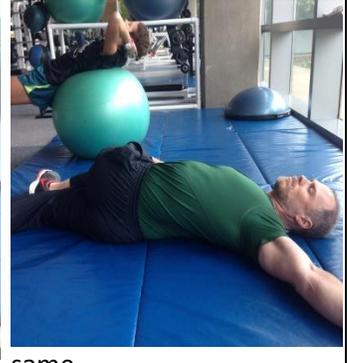
Shoulder of affected side on floor, rotate in opposite direction with leg of affected side.



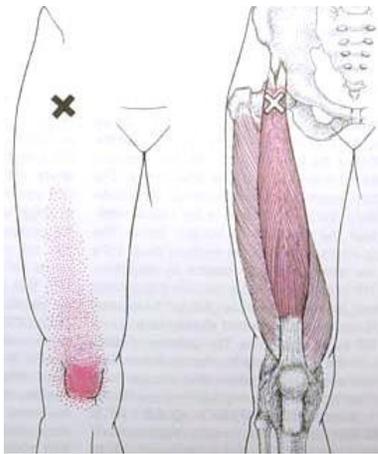
External rotators and abductors of hip



Roll tp



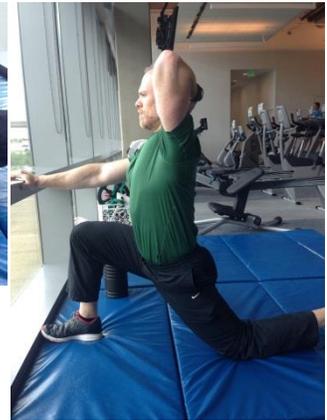
same



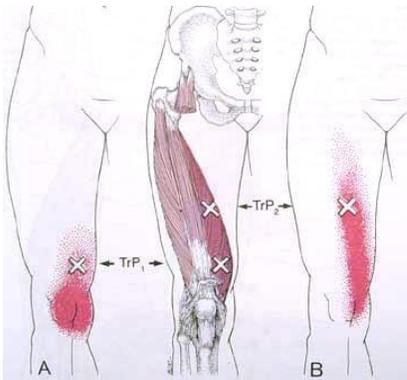
Rectus femoris



Roll tp



Stretch quad on affected side.



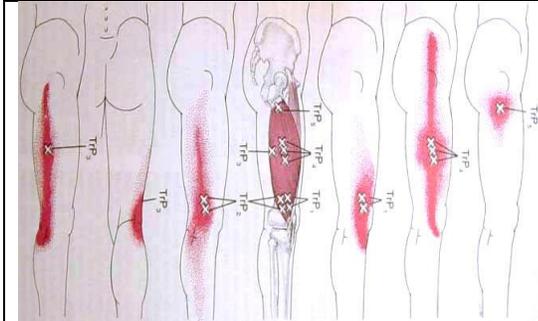
Vastus medialis



Roll tp



Pin tp and flex leg



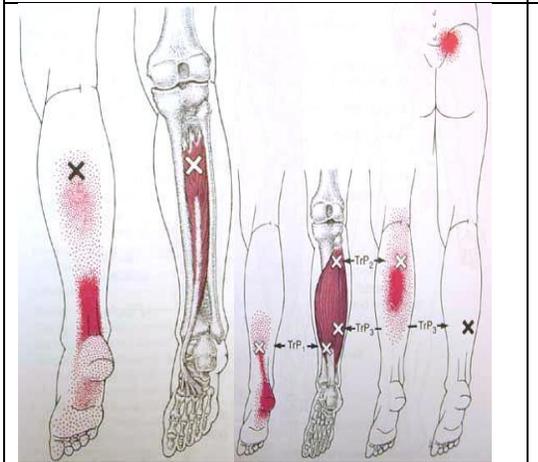
Vastus lateralis and IT band



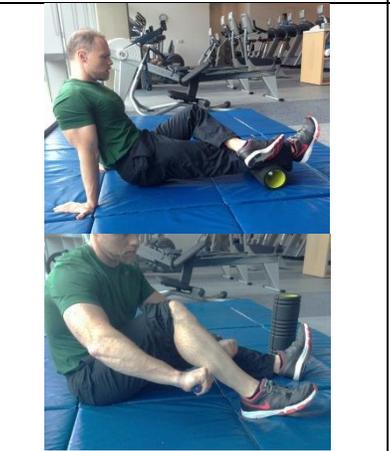
Roll side of leg



Push hip toward wall. Affected leg behind, toe rotated to outside.



Calf and Achilles tendon pain



Roll tp



Press foot at upward angle, toes flexed up as well. Push knee forward.